I am conscious about my food choices.

The choices I make about my diet help me to build a healthy lifestyle. **I make a conscious effort to eat foods that benefit my body and mind.**

Planning meals is an easy way to stay on top of food choices. Each Sunday, I carefully plan my meals for the week. This strategy ensures I stick to my goal of healthy eating. It also reminds me that what I am doing is important to my overall wellness.

When I am unable to stick to a particular meal plan, I choose the next best thing. **There are always nutritious alternatives to my preferred meal.**

I do whatever I can to avoid unhealthy food. When I go out with friends, I eat a meal at home first. This approach helps me to avoid cravings when I am surrounded by unwholesome options.

I ask questions before selecting a meal at restaurants. I know that even something that sounds healthy might be filled with harmful ingredients.

My eating decisions dictate how I feel throughout the day. Clean eating helps my mind to remain sharp. I rarely feel lethargic when I follow a healthy diet. **My days at work are more productive because I make smart food choices.**

Today, I commit to maintaining consciousness about my food choices. I believe that what I eat and drink affects my results in all aspects of my life.

Self-Reflection Questions:

1. What resources can I use to help keep myself on the right track with my diet?
2. How do I recover after allowing myself to have an unhealthy meal?
3. What other activities do I undertake to ensure my body and mind perform efficiently?